OHS strategies must recognise the impact of work throughout life and their design at company level must involve older workers.

Research on health inequalities in the workforce should be conducted to identify where stronger OSH policies are needed.

Job rotation opportunities and flexible working arrangements must be mandatory in ageing-at-work strategies.

Step up research on older workers’ mental health and adopt good practices for stress prevention and management.

Create an open, inclusive and supportive culture regarding ageing and break the taboo of health issues related to age.

Support informal carers with flexible working arrangements, better social protection and more resources to care systems.

Provide more digital literacy opportunities and improve the availability, affordability and accessibility of new technologies.

Telework should not be an obligation, and legislation should clarify the rights and obligations of employer and employee.

Digital technologies’ potential to monitor working conditions and the risks associated with new forms of work should be explored.